and “Current” to indicate whether each symptom has been a problem in the past or is currently a problem—or both. Then, using the disruption rating below, indicate how much of a problem each symptom is *presently* causing you. To be clear, you only need to provide a disruption rating for current symptoms. (As always, you can do this exercise in your journal if you prefer.)

Disruption rating (for current symptoms only)

1 = a mild symptom, just a slight nuisance or problem

2 = a moderate symptom, causing some anxiety and disruption in daily life

3 = a severe symptom, causing a great deal of anxiety and disruption in daily life

Identifying Your Obsessions

Remember that obsessions refer to unwanted thoughts, ideas, and impulses that come into your mind. An obsession is usually unrealistic, causes a great deal of anxiety, and has a persistent quality—it doesn’t let up. Obsessions are usually about trying to prevent something dangerous from happening to you or to others.

Contamination Obsessions (excessive fear or disgust in regard to dirt, germs, or other contaminants, and/or preoccupation with avoiding them)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Hoarding, Saving, and Collecting Obsessions (excessive acquisition of and failure to discard possessions that appear to be useless or of very limited value)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Ordering Obsessions (excessive preoccupation with symmetry, exactness, or order)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Religious Obsessions and Scrupulosity (excessive fear, worry, and preoccupation with violating moral and religious laws and rules)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Body Image Obsessions (excessive fear, worry, and preoccupation with the appearance of specific parts of the body)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Health Obsessions (excessive fear, worry, and preoccupation with the possibility of having an illness or incurable disease)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Aggressive Obsessions (excessive thoughts, images, or urges related to causing harm to yourself or to others)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Sexual Obsessions (frequent unwanted, worrisome, and intrusive sexual thoughts, images, or urges)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Miscellaneous Obsessions (those that don't fit into any of the categories above)

Symptom	Past	Current	Disruption rating
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____
_____	☐	☐	_____

Identifying Your Compulsions

Think of compulsions as the things you reluctantly do for immediate (but temporary) relief from the anxiety due to an obsession. In OCD,